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FANS JUST CAN'T GET ENOUGH OF THOSE TIMELESS '80S POP ROCKERS DEPECHE MODE, WHOSE NEW ALBUM IS OUT THIS WEEK PAGE 21

WELCOME BACK, PANDA!

Female panda Er Shun eats bamboo at the Panda House at the Chongqing Zoo in Chongqing, China, Feb. 11, 2012. The Toronto Zoo will begin playing host to a male Da Mao and female Er Shun on Monday for five years. After that they will spend five years at the Calgary Zoo. See story, page 6.

ADRIAN WYLD/THE CANADIAN PRESS FILE

Mixed message led to Anthony Henday closure

Transportation authority. Only province can close highways

RYAN TUMILTY
ryan.tumilty@metronews.ca

Mixed messages came down almost as hard as the snow Thursday leading to an aborted closure of Anthony Henday Drive.

The Edmonton Police Service sent out a public notification Thursday afternoon around 3:30 p.m., in response to the heavy snowfall, stating the busy ring road would be closed immediately and remain closed for several hours.

The road was re-opened around 5:30 p.m., before police had even fully managed to close it to traffic.

Alberta Transportation spokesperson Parker Hogan said only the province can close a provincial road and they didn't close it in this instance.

"Alberta Transportation is the only agency that can close a provincial highway — we did not close the Henday," he said Sunday.

Hogan said EPS had some early discussions with the province about the potential of closing the roadway, but they weren't convinced.

Quoted

> **"Alberta Transportation is the only agency that can close a provincial highway — we did not close the Henday."**
>
> Alberta Transportation spokesperson Parker Hogan

"In conversations with our transportation folks that have the final say, our transportation folks were not of the opinion that it needed to be closed."

Hogan said the province takes closing a highway very seriously and they just didn't feel it was warranted.

He said with so much going on during the day Thursday, there was a lot of communication going back and forth between the province and policing agencies.

Going forward the province intends to talk to all agencies and look at what happened and what could be done better.

"We learned from it and certainly we will be doing some follow up with not just EPS, but all of our partners as a result of this," he said.

Hogan also emphasized that Alberta 511 is the government's official source on road closures.

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Mortgage Matters p.18-19

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Tunnel vision: LRT work is 35 years in the making

Notes from the underground. Crews doing major work on tracks between Churchill and Central

RYAN TUMILTY
ryan.tumilty@metronews.ca

For Colby Boyko, working underground in Edmonton's LRT system is a refreshing change of pace.

Boyko, a foreman with PNR Railworks, is helping to oversee the replacement of the 35-year-old rails in the city's LRT system. Usually, the work to replace and upgrade rail lines takes workers outside in remote and cold places.

Instead, for the past month Boyko and his team have been methodically replacing the rails between Churchill and Central LRT stations.

Even as train after train of morning commuters passes just a few feet away, Boyko said he doesn't mind — he's happy to be working in a warm and dry environment. "I don't even notice them anymore," he said.

He and his crew are taking the wooden ties out and replacing them with concrete plinths, bolting them deep into the concrete. New sections of rail go on top of that.

Boyko thought they might find some surprises from the crew who first put in the rails, but so far there haven't been any. He said the major difference between this operation and what would have happened years ago is the precision of the work, which is often down to the millimetre. "We are right to the 'T' on everything, because we have surveying. When they did it 35 years ago, I don't think they had as much technology as what we have now."

The rail-replacement project has left trains alternating on a one-way stretch between the stations and caused delays in the system, but the disruption will be worth it in the end, city workers say.

"The rail has reached the end of its life and it's an opportune time to replace it," project manager Chris Nelson said.

The section between Churchill and Central is one of a few major curves in the system, and curves put added stress on the rails.

"When the train is negotiating the curve, its centrifugal force wants to take it to the outside and that exaggerates the wear on the outside rail," Nelson said.

That wear creates an alignment problem, and Nelson said when the work is finished, the trains will run smoother. Workers are also adding a third rail that the trains will lean on while taking the curve.

LRT renewal

- The work is slated for completion in late April or early May. Ceramic tile on the platform edge in Central station is also being replaced.
- The city is not planning any other track replacements right now.

Workers are replacing about 500 metres of track between Churchill and Central stations. RYAN TUMILTY/METRO

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University of Alberta given new mandate from ministry

Budget cuts. Institution asks faculty, staff and students to provide feedback

ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

University of Alberta president Indira Samarasekera received a draft of the letter of expectation from the Government of Alberta late Friday. METRO FILE

The University of Alberta's executive team spent their weekend reviewing and discussing a draft letter of expectation they received from the Government of Alberta late Friday.

The letter contains ministry expectations for the U of A and the post-secondary sector, including more collaboration with other post-secondary institutions and a research focus that aligns with the province's economic needs.

It comes after the March 7 budget, which saw cuts to the operating grants of the province's post-secondary intuitions, and a promise from Minister of Enterprise and Advanced Education Thomas Lukaszuk to send letters to each of Alberta's 26 operating institutions about their mandates.

"What we have right now is an orchestra of some virtuosos — they are fabulous at what they do," said Lukaszuk after the budget was released.

"I would put our post-secondary schools against any others in the world, but, unfortunately, this orchestra doesn't have a conductor, and they're all playing their own tune and they're off-beat."

In a blog posted on the U of A's website about the letter of expectation, U of A president Indira Samarasekera and acting provost and vice-president (academic) Martin Ferguson-Pell stated that in general they think much of the letter aligns with the school's mandate.

"However, there are some aspects of the letter that concern us and warrant closer examination, clarification and discussion," the blog post states.

Athabasca University

- **Layoffs.** Athabasca University announced on Friday that the institution will be laying off a total of 44 people as a result of budget cuts.
- **Leaving.** Another 35 employees at the university have chosen to voluntarily leave their positions and another 34 vacant positions will be eliminated.

Calgary. Couple recovers after car plows into bus bench

Anthony Irving writhed in pain but his real concern was for his sobbing fiancée lying just a few feet away.

The pair of five years had been sitting on a bus bench in the Calgary community of Thorncliffe Saturday when police say a black Honda was cut off by another vehicle and swerved into them.

"I just jumped, kicked off the car and landed on the ground.... I went flying a few feet," Irving, 21, told Metro during an interview at Foothills Medical Centre Sunday.

He suffered a broken tibia, which surgeons have now pinned back in place, and numerous cuts and scrapes to his face.

But fiancé Miranda Buzzell, 20, took the force of the vehicle straight-on — the impact drove her leg back into the bench, resulting in numerous broken bones.

Families of both victims said things could have been worse and credited two bystanders for leaping into action — both used their own belts to tie around the battered legs and stop the bleeding.

"She could have lost her leg or worse.... For someone to step up to the plate and help out, that needs to be recognized," Liz said.

JEREMY NOLAIS/METRO IN CALGARY

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Power use drops slightly during Earth Hour

Lights out. Power consumption lower in hour before event

ANNALISE KLINGBEIL
annalise.klingbeil@metronews.ca

Edmontonians joined millions of people around the world on Saturday and dimmed their lights for Earth Hour.

Well, sort of.

The seventh-annual Earth Hour, organized by the World Wide Fund for Nature, encouraged households and businesses to turn off non-essential power between 8:30 and 9:30 p.m.

While power consumption in Edmonton dipped by about three per cent during Earth Hour compared to the same time the week before, Edmontonians used more power during Earth Hour than in the 60 minutes before the switch-off.

"Our power consumption right before Earth Hour was actually lower than during Earth Hour," Epcor spokesperson Nikki Van Dusen said.

However, Van Dusen said it's typical for power consumption to fluctuate.

"It could have been influenced by conservation effort, for sure," she said. "Although, it is normal to see variations of up to 10 per cent of power consumption from one week to the next for the same period."

Power consumption in Edmonton on Saturday was 921.37 megawatts during Earth Hour, compared to 950.1 megawatts during the same time period on March 16.

Edmontonians' power use before Earth Hour on Saturday was lower than during the event itself, an Epcor spokesperson says. THE CANADIAN PRESS FILE

New funding formula. Municipalities must work together: Griffiths

An expanded government program for municipalities will give them the choice of working with their neighbours or losing out on funding.

Doug Griffiths
METRO

Municipal Affairs Minister Doug Griffiths said last week that the province wants to phase out an existing grant program in favour of one that encourages co-operation.

"The money will still be available if they find better ways to be efficient and effective with taxpayer dollars, find better ways to collaborate, deliver services better and be innovative and creative," Griffiths said.

The province is moving a small grant program that most municipalities receive into the Regional Collaboration Program. Edmonton doesn't receive money from the existing program, but will be allowed to apply to the new program.

Griffiths said municipalities that might have been reluctant to work with their neighbours in the past will have to if they want to qualify for provincial cash.

"They are going to learn how to or they won't get the funding," he said. "It's that simple."

To counter the pressures of added growth, municipalities must be willing to try new things and be prepared for change, he said.

"When we have 100,000 people moving here every year, we have got to be proactive. This is not regular business — we need proactive work."

RYAN TUMILTY/METRO

Shows and clothes

Western Canada Fashion Week on until Thursday

Alberta's longest-running fashion week is in full swing in Edmonton.

Western Canada Fashion Week supports local and Canadian designers and artisans and offers a showcase for established international designers. The event also brings together photographers, makeup artists, hairstylists, fashion stylists and models.

On Sunday, EvelineCharles Academy students competed in the Student Showcase portion of Fashion Week.

Other shows are taking place at the TransAlta Arts Barns near Whyte Avenue until Thursday. METRO

Pipe Trouble

Broadcaster yanks pipeline bombing game

Ontario's public broadcaster has launched a review of an online game funded by taxpayers that shows the bombing of a gas pipeline.

TV Ontario commissioned the game Pipe Trouble to accompany a documentary about the pipeline debate. A TVO blog described it as a "companion ethical game" to a documentary that deals with local opposition to pipelines and the bombing of pipelines in Peace River, B.C.

The game drew criticism from the premiers of Alberta and British Columbia. THE CANADIAN PRESS

Semantics. Definition of 'bullying' a tough choice for Canadian lawmakers

Provinces introducing laws to crack down on school bullies are taking different approaches as they decide where to draw the line between chronic abuse and a one-time insult or slight.

There are also questions, as in Manitoba, as to whether legislation will have any effect. That province's proposed law does not require principals to hand down specific penalties or even report bullying to parents or authorities.

Much of the debate has focused on the exact definition of bullying.

The definition under a bill now before the Manitoba legislature is so general, it could make bullies out of any student, argue the Opposition Progressive Conservatives.

"It's so vague ... that it will either be unenforceable or enforced arbitrarily," said education critic Kelvin Goertzen. "It's going to make bullies out of a whole lot of people."

The province's education minister said the wording is broad partly so that school principals and others could use their own experience to address specific incidents.

Goertzen says the anti-bullying proposal's vague definition, lack of a mandatory penalty and lax reporting requirements make it "one of the weakest in North America." THE CANADIAN PRESS

Provincial definitions

- **Ontario.** Causing or intending to cause physical or emotional harm, damaging another's property or creating hostility.
- **Quebec.** Repeated behaviour involving a power imbalance that causes distress and "hurts ... intimidates or ostracizes."
- **Manitoba.** Proposed definition is broad enough to include a single intent to cause hurt feelings.

24-year absence. Canada to be relieved of crippling giant panda withdrawal

Prime Minister Stephen Harper at the Chongqing Zoo in Chongqing, China, last year. ADRIAN WYLD/THE CANADIAN PRESS FILE

A pair of giant pandas are about to receive a Canadian welcome worthy of their name.

The Toronto Zoo will begin playing host to a male and female bear on Monday, just over a year after the creatures were officially loaned to Canada by the Chinese government.

Five-year-old Er Shun and her prospective mating partner, four-year-old Da Mao, will call Toronto home for five years before being relocated to the Calgary Zoo for the same length of time.

Prime Minister Stephen Harper, who personally announced the loan deal during a trip to China last year, will be on hand to greet the new arrivals as they disembark from a highly customized plane trip. THE CANADIAN PRESS

China

First lady ends line of recluses

Glamorous new first lady Peng Liyuan has emerged as Chinese diplomacy's latest star, charming audiences and cutting a very different profile from her all-but-invisible predecessors on her debut official visit to Russia.

A celebrated performer on state TV, Peng featured prominently in Sunday's Chinese media coverage of husband and president Xi Jinping's activities in Moscow. THE ASSOCIATED PRESS

24th anniversary

Ad links pipelines with Exxon Valdez

A B.C. First Nations group is launching an anti-pipeline commercial to mark the 24th anniversary of the Exxon Valdez oil spill.

Art Sterritt with Coastal First Nations says the spill is proof oil tankers don't belong in B.C. waters because the toxin still lingers in the ocean. THE CANADIAN PRESS

Liberal leadership

Trudeau crushes rival fundraising

Justin Trudeau THE CANADIAN PRESS

If money talks, then it's saying Justin Trudeau has a lock on the federal Liberal leadership.

Trudeau is the only contender whose financial report is not yet on the Elections Canada website. But his team has said it will show just over $1 million, with another $300,000 still being processed.

That's more than double what the other five contenders have raised combined and triple what Tom Mulcair raised during the whole of his successful bid for the NDP leadership last year. THE CANADIAN PRESS

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No foul play found in unexplained death of Russian tycoon: Cops

Autopsy pending. Boris Berezovsky fell out with Putin and fled to avoid fraud charges he said were politically motivated

British police said Sunday they have no evidence to suggest third-party involvement in the death of Boris Berezovsky, the self-exiled Russian tycoon who went from Kremlin kingmaker to fiery critic.

With an investigation underway, police are treating the death of Berezovsky — who fled to Britain in the early 2000s after a bitter falling-out with Russian President Vladimir Putin — as unexplained. But the former oligarch survived assassination attempts and recently faced financial difficulties, prompting speculation as to whether his death was part of a conspiracy — or suicide.

Boris Berezovsky GETTY IMAGES FILE

Police said Sunday it would be wrong to speculate on how Berezovsky died pending the results of an autopsy.

"We are at the early stages of the investigation and we are retaining an open mind as we progress," said Detective Chief Inspector Kevin Brown.

Police released some details on the circumstances that triggered their investigation into his demise and a check for hazardous materials at the property in Ascot, a town 40 kilometres west of London where Berezovsky's body was found on Saturday. They said an employee of Berezovsky told how he had called an ambulance after becoming concerned for Berezovsky's welfare and forced open a locked bathroom door to find the tycoon's body on the floor.

After a paramedic declared Berezovsky dead and left the scene, a device measuring his exposure to radiation was triggered, which is why chemical and radiations experts were called to examine the property. THE ASSOCIATED PRESS

Bullet the blue sky

Viktor Mitic's bullet-riddled portrait of Hugo Chávez will be displayed at the Peach Gallery in Toronto in April, but it is still without a name. He has agreed to let Metro readers suggest names, and he'll choose his favourite. Mitic leaves the interpretation of his controversial art to the public, but another one of his bullet-riddled paintings will soon head to Washington, D.C., for an art show against gun violence. Email your suggestions for the Chávez portrait to jessica.smith@metronews.ca. JESSICA SMITH/METRO

Jamaican coast

Illegal Haitian migrants stopped

Jamaican police say that 33 illegal migrants from Haiti have been intercepted off the island's northeast coast. Fishermen alerted authorities after spotting a rickety boat carrying 20 men, four women and nine children. Authorities say they were trying to get to the U.S. THE ASSOCIATED PRESS

Mayoral elections

Macedonians avoid poll violence

Macedonians voted peacefully in local elections Sunday, boosting hopes the country is turning a page and won't repeat the political and ethnic violence that has marred past voting cycles. Turnout by 5 p.m. Sunday was 57.5 per cent.

The Balkan country hopes that free, transparent and peaceful elections will help it strengthen its case for EU membership. THE ASSOCIATED PRESS

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Anne Frank's symbol of hope taking root in U.S.

Plantings. Saplings come from chestnut tree that's referenced several times in girl's famous accounts

In this March 18 photo, a replica of one of Anne Frank's diaries is displayed at the Indianapolis Children's Museum in Indianapolis. A sapling grown from seeds taken from the massive chestnut tree that stood outside the home in which Frank and her family hid will be planted in the museum's Peace Park. MICHAEL CONROY/THE ASSOCIATED PRESS

Saplings from the chestnut tree that stood as a symbol of hope for Anne Frank as she hid from the Nazis for two years in Amsterdam are being distributed to 11 locations in the United States as part of a project that aims to preserve her legacy and promote tolerance.

The tree, one of the Jewish teenager's only connections to nature while she hid with her family in a Secret Annex in her father's company building, was diseased and rotted through the trunk when wind and heavy rain toppled it in August 2010. But saplings grown from its seeds will be planted starting in April, when the Children's Museum of Indianapolis will put the first one in the ground.

The 11 U.S. locations, which also include a park memorializing victims of the 9-11 terrorist attack in New York City, were chosen by the Anne Frank Center USA from 34 applicants. THE ASSOCIATED PRESS

Gay marriage foes rally ahead of French vote

Anti-gay marriage protesters demonstrate in Paris on Sunday, with the placard on the right reading: Zero Mother, it's Depressive. Thousands of French conservatives, families and activists have converged on the capital to try to stop the country from allowing same-sex couples to marry and adopt children. The lower house of France's parliament approved the "marriage for everyone" bill last month with a large majority, and it's facing a vote in the senate next month. Both houses are dominated by President Francois Hollande's Socialist Party and its allies. MICHEL EULER/THE ASSOCIATED PRESS

Innisfil, Ont.

Son, then mother charged with drunk driving

Police say a mom who came to pick up her son after he was arrested on suspicion of drunk driving in Innisfil, Ont., found herself charged with the same offence Sunday. THE CANADIAN PRESS

Halifax

Girl accused of damaging police vehicles

Police in Halifax say a teenage girl is facing charges of property damage after allegedly banging up two cop cruisers outside of an out-of-control party on Saturday. THE CANADIAN PRESS

Vancouver

NDP campaign goes to the dogs

B.C. NDP candidate Matt Toner has produced custom NDP-orange dog jackets with his name on them to turn pups into walking lawn signs and connect with voters in his Vancouver riding. LIAM BRITTEN/ FOR METRO IN VANCOUVER

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Warning: Graphic details.
Couple who tortured man ask for reduced sentences

An Ontario couple who held a developmentally disabled man captive and tortured him while draining his bank account to buy drugs and video-game equipment is asking for lighter sentences.

Dakota Thompson and Stanley Brown were part of a group convicted of aggravated assault and forcible confinement for inflicting horrific injuries on a 23-year-old disabled man over more than two weeks in 2009.

The victim went to the Hamilton apartment where three people in the group lived, thinking they were going to help him look for a missing cellphone.

Instead, the group of people — Thompson, Brown, their roommate and a youth — confined him there for 17 days, burned him with a hair straightener, made him eat feces and drink urine, beat him and poured cayenne pepper into the bath when he tried to wash his wounds.

Brown was sentenced to 13 years and Thompson was sentenced to 10 years.

THE CANADIAN PRESS

Icelanders in Florida

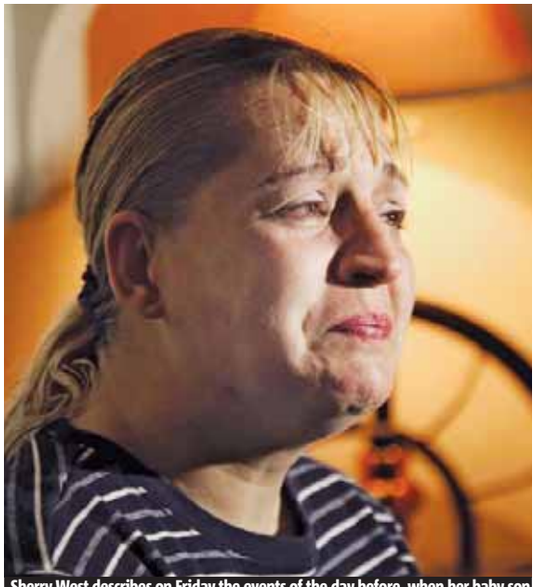
Skydivers killed in weekend jumps

Two skydivers from Iceland who died during weekend jumps at a Florida camp did not deploy their main parachutes, the co-owner of the facility said Sunday.

Deputies found the bodies of a skydiving instructor and a student Saturday after the two didn't return from a jump with a group, setting off an hours-long air and ground search around the facility. Pasco County sheriff's authorities identified the victims as 41-year-old Orvar Arnarson and 25-year-old Andrimar Pordarson.

THE ASSOCIATED PRESS

Mother says she's sure teen suspect killed her baby



Sherry West describes on Friday the events of the day before, when her baby son was fatally shot and she was wounded in Brunswick, Ga. West's 18-year-old son was stabbed to death in New Jersey in 2008. Prosecutors said the stabbing was in self-defence. BOBBY HAVEN/THE BRUNSWICK NEWS/THE ASSOCIATED PRESS

Conflicting stories.
Cops lay charges against 17-year-old, but alleged killer's aunt claims alibi

The mother of a baby shot dead in his stroller in Brunswick, Ga., took one look at a teenage suspect's jailhouse mugshot Saturday and said he was definitely the killer. Yet an aunt of the teen said he was eating breakfast with her when the slaying took place.

Despite the conflicting stories, police have charged 17-year-old De'Marquise Elkins with murder, along with a 14-year-old suspect whose name has been withheld because he's a juvenile.

Brunswick police spokesman Todd Rhodes said even though Elkins' aunt provided an alibi, authorities have good reason to bring the charges.

"That's what she's saying, but the evidence we're looking at says something else," Rhodes said, though he would not elaborate.

Sherry West said she was pushing 13-month-old Antonio Santiago in his stroller as she walked home from the post office Thursday morning. She said a teenager, with a younger boy behind him, approached and asked her for money. West said when she told him she had no money the teen drew a gun and said: "Do you want me to kill your baby?"

The gunman opened fire and West was shot in the leg, while another bullet grazed her left ear, she said. She watched helplessly as the gunman shot her son in the face, she said.

THE ASSOCIATED PRESS

Hoping for justice

"My baby will never be back again.... He took an innocent life. I want his life, too."

Sherry West, whose baby was killed Thursday

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Former Pakistan president Pervez Musharraf arrives at Pakistan's Karachi airport Sunday, ending more than four years in self-exile as he seeks a possible political comeback. SHAKIL ADIL/THE ASSOCIATED PRESS

Musharraf returns from exile to lukewarm welcome

Welcoming party. Less than 2,000 at airport, compared with the hundreds of thousands when Benazir Bhutto returned in 2007

Former Pakistan president Pervez Musharraf returned home Sunday hoping to make a political comeback despite Taliban death threats and looming arrest warrants. But judging by the lacklustre crowd at the airport to greet him, his biggest challenge could be his waning popularity.

After years on the margins of Pakistani politics, Musharraf is seeking to rebuild his image, hoping to capitalize on an electorate frustrated with five years of rising inflation, rolling blackouts and security problems.

His return to Pakistan was made easier when a court in Sindh province where Karachi is located granted him preemptive bail, which essentially meant he could not be arrested immediately upon landing. But he must appear before a court within 10 days.

THE ASSOCIATED PRESS

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UN official visits Myanmar city hit hard by ethnic clashes

Grisly scene. In some neighbourhoods, legs of victims could be seen poking out from smouldering debris

The top UN envoy to Myanmar on Sunday toured a central city wracked by the country's worst Buddhist-Muslim violence this year, calling on the government to punish those responsible for a tragedy that left dozens of corpses piled in the streets, some of them charred beyond recognition.

Vijay Nambiar, the UN secretary-general's special adviser on Myanmar, also visited some of the nearly 10,000 people driven from their homes after sectarian unrest shook the city of Meikhtila for several days this week. Most of the displaced are minority Muslims, who appeared to have suffered the brunt of the violence as armed Buddhist mobs roamed the city.

Nambiar said he was encouraged to learn that some individuals in both communities had bravely helped each other and that religious leaders were now advocating peace. He said the people he spoke to believe the violence "was the work of outsiders," but he gave no details.

"There is a certain degree of fear and anxiety among the people, but there is no hatred," Nambiar said after visiting both groups on Sunday and promising the United Nations would provide as much help as it can to get the city back on its feet. THE ASSOCIATED PRESS

Myanmar soldiers pick up debris from destroyed buildings in Meikhtila, about 550 kilometres north of Yangon, Myanmar, on Sunday following ethnic unrest between Buddhists and Muslims. KHIN MAUNG WIN/THE ASSOCIATED PRESS

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Guns in pews? North Dakota pastors push for gun-friendly petition

Some pastors in the heart of North Dakota's oil patch say they should be able to decide whether they can carry guns in church.

A group from Williston, N.D., plans to submit a petition — signed by several pastors — this week to city commissioners that would give churches the option of allowing concealed weapons.

The Rev. Will Page, associate professor of Cornerstone Baptist Church, tells The Forum newspaper he's worried that people with evil intentions may target churches because they know members of the congregation are not armed.

"The whole idea of a gun-free zone is inherently dangerous," said Page, who moved to Williston from Mobile, Ala., in August.

The Rev. Mark Britton of Faith United Methodist Church says the petition asks that the decision to allow guns be left up to church leadership, not the government.

"Sometimes pastors have to stand up for church rights," Britton said.

THE ASSOCIATED PRESS

Blessing of the palms

A nun prays as Pope Francis delivers his blessing to the palms and to the faithful gathered in St. Peter's Square during Palm Sunday Mass in Vatican City. Pope Francis led his first mass of Holy Week as pontiff by celebrating Palm Sunday in front of thousands of faithful and clergy. The Pope's first Holy Week will also incorporate him washing the feet of prisoners in a youth detention centre in Rome on Thursday.

DAN KITWOOD/GETTY IMAGES

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Best Radio Commercial
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Best Radio Commercial
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Best Digital Media Campaign/Mobile APS
Brookfield Residential
Chappelle Gardens

Best Direct Mail / Email Promotion
Beaverbrook Developments
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Best Website
Bedrock Homes
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Aquarian Renovations
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Development Awards

Best Community Entrance
Beaverbrook Developments
Upper Windermere

Best Development Landscaping & Amenities
Canada Lands Company Village At Griesbach

Best Home Parade
Rohit Land Development
Starling at Big Lake

Best Subdivision
Canada **Lands Company**
Village at Griesbach

Leadership Award

Leadership Award
Parkwood Master Builder

Multi-Family Housing Awards

Best Multi-Family Apartment Style under $250,000
Rohit Communities
Mandarin

Best Multi-Family Apartment Style $250,000 - $350,000
Carrington Communities
Rutherford Gate - Waterloo Suite

Best Multi-Family Apartment Style over $350,000
Rohit Communities - The Duke

Best Multi-Family Townhouse/ Duplex under $275,000
Alldritt Homes Ltd.
The Nottingham - Tiffin Residence

Best Multi-Family Townhouse/ Duplex $275,000 - $300,000
Rohit Communities
Dakota

Best Multi-Family Townhouse/ Duplex $300,000 - $330,000
Dolce Vita **Homes LP**
Lexington Duplex

Best Multi-Family Townhouse/ Duplex $330,000 - $425,000
Landmark Group of Builders Apex IIID

Best Multi-Family Townhouse/ Duplex Over $425,000
Tapestry Developments
Monterey

Best Multi-Family - Apartment Building
Carrington Communities
Waterstone A

Best Multi-Family - Townhouse/ Duplex Project
Rohit Communities
Callaghan Ravines

Renovation Awards

Best Exterior Renovation
Aquarian Renovations
Biander Gardens Residence

Best Interior Renovation
Caliber Master Builder Ltd.
High Park

Best Renovation under $125,000
Aquarian Renovations
Glenora Residence

RNY
Aquarian Renovations

Sales Centre Awards

Best Sales & Information Centre - Single Family
Sterling Homes (Edmonton) Ltd.
2108 Trumpeter Way NW

Best Sales & Information Centre - Multi-Family
Carrington Communities
1144 Adamson Drive SW

Best Sales & Information Centre - Multi-Family
Jayman MasterBUILT
1061 Watt Promenade SW

Best Design Centre/Show Room
Aquarian Renovations
11428 - 142 St

Sales People Awards

Rookie of the Year - Single/Multi-Family
Pacesetter Homes
Dan Gibson

Sales Person/Team of the Year - Single Family
Pacesetter Homes
Carla Weinmeyer

Sales Person/Team of the Year - Multi-Family
Qualico Developments West
Jerry Baird

General Member Sales Person of the Year
Artistic Stairs
Barry Halyk

Single Family Housing Awards

Best Single Family under $250,000
Jayman MasterBUILT
Outlook I

Best Single Family $250,000 - $300,000
Pacesetter Homes
The Winchester

Best Single Familyover $300,000
Ackard Contractors Ltd.
Valleyview

Single Family Housing Awards • Bungalow Bi-Level

Best Single Family Under $350,000
Sterling Homes (Edm) Ltd.
Belvedere

Best Single Family $350,000 - $450,000
Kimberley Homes Christina
Custom

Best Single Family Over $450,000
Marcson Homes Ltd.
The Victoria

Single Family Housing Awards • Two Storey/Split-level

Best Single Family Under $275,000
Jayman MasterBUILT
Allure B

Best Single Family $275,000 - $300,000
Look Homes Master Builder Inc.
Apparition A

Best Single Family $300,000 - $325,000
Jayman MasterBUILT
Eclipse T

Best Single Family $325,000 - $350,000
Look Homes Master Builder Inc.
Ambiance

Best Single Family $350,000 - $375,000
Parkwood Master Builder
Yellowstone Park Royale II

Best Single Family $375,000 - $425,000
Kimberley Homes - Onyx (Cstm)

Best Single Family $425,000 - $500,000
White Eagle Homes Ltd.
THE SANDSTONE IV

Best Single Family $500,000 - $600,000
Landmark Group of Builders
Mendelssohn II

Best Single Family $600,000 - $750,000

Look Homes Master Builder Inc.
2451

Best Single Family $750,000 - $1 Million
White Eagle Homes LTD.
Blue Diamond

Best Estate Home over $1 M
Marcson Homes Ltd.
Blackhawk Estate

By Awards

Builder of the Year-Small Volume
Kimberley Homes

Builder of the Year - Large Volume
Rohit Communities

Realtor Award

Builder/Realtor/Co-operation Award
Jeff Johnson
Realty Executives Johnson RE Group

Builders Choice Awards

Supplies/Manufactures a Product directly to the Builder/Renovator
Progressive Home Warranty

Supplies/Manufactures and Installs a Product directly to the Builder/ Renovator
Divine Hardwood Flooring

Supplies a Service directly to the Builder/Renovator
RONA

General Member of the Year
Progressive Home Warranty

Sales Volume Awards

Platinum Level-$20,000,000 plus
Pacesetter Homes
Carla Weinmeyer

ReidBuilt Homes Ltd
Biljana Spasojevic

Pacesetter Homes
David Edmiston

Sterling Homes (Edmonton) Ltd.
Erik Eisen
Marcson Homes
Kim Prkusic

Brookfield Homes
Kelly Boone

Homes by Avi
Marina Delemont

Sabal Homes
Christopher Wigeland

Crimson Cove Homes Inc.
Muriel Mckay

Gold Level $18,000,000 to $20,000,000
Brookfield Homes
Yasemin Ozbey

Pacesetter Homes
Diane Sasseville

ReidBuilt Homes Ltd
Steve Bosse

Landmark Group of Builders Ronaye
Rael

Rohit Communities
Pamela Haymour

Coventry Homes
Darren Rose

Daytona Homes
Ryan Richardson

Silver Level $15,000,000 to $18,000,000
Prominent Homes
Donald Kenneth Ovelson

Dolce Vita Homes LP
Darryl Rose

Brookfield Homes
Sheila Hang

Alldritt Homes
Wende Black

Dolce Vita Homes LP
Jennifer Dechaine

Dolce Vita Homes LP
Heather Rae

Pacesetter Homes
Dan Gibson

Brookfield Homes
Shawn Swaleh

Daytona Homes - David English

Coventry Homes - Erika Williams

Rohit Communities
Wende Campbell

Bronze Level $14,000,000 to $15,000,000
Pacesetter Homes - Brad Wong

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Cyprus, creditors reach tentative deal on bailout

A man holds up a souvenir Cypriot euro coin lapel pin with a piece taken out in Brussels on Sunday, as negotiations were underway to arrive at a deal to save the island nation from bankruptcy. VIRGINIA MAYO/THE ASSOCIATED PRESS

EU financial crisis. Last-minute agreement will restructure country's second-largest bank and tax large bank deposits

Tense negotiations between Cyprus and its international creditors yielded a preliminary agreement early Monday that paves the way for the cash-strapped island nation to receive a $13.3-billion bailout, a diplomat said.

The agreement between Cyprus, the International Monetary Fund and the European Commission still needs approval by the 17-nation eurozone's finance ministers, who were also meeting in the same building in Brussels.

Without a deal by Monday night, the tiny Mediterranean island nation of about one million would face the prospect of bankruptcy, which could force it to abandon the euro currency and spur turmoil in the eurozone of 300 million people.

Under the last-ditch agreement, Cyprus' second-largest bank, Laiki, will be restructured and holders of bank deposits of more than 100,000 euros (about $132,900) will have to take losses. It was not immediately clear whether the holders of large deposits in the remaining Cypriot banks would also be forced to take losses.

The diplomat, who spoke on condition of anonymity pending the official announcement, did not elaborate on how much large deposit holders would lose. Making them take a hit is expected to net several billion dollars, thus reducing the amount of rescue loans the country needs.

To secure a rescue loan package, Nicosia had to find ways to raise $7.7 billion so it could qualify for the bailout. It resisted pressure by creditors to also unwind the country's largest lender, Bank of Cyprus.

THE ASSOCIATED PRESS

Smoking. Ex-surgeon general joins board of e-cigarette firm

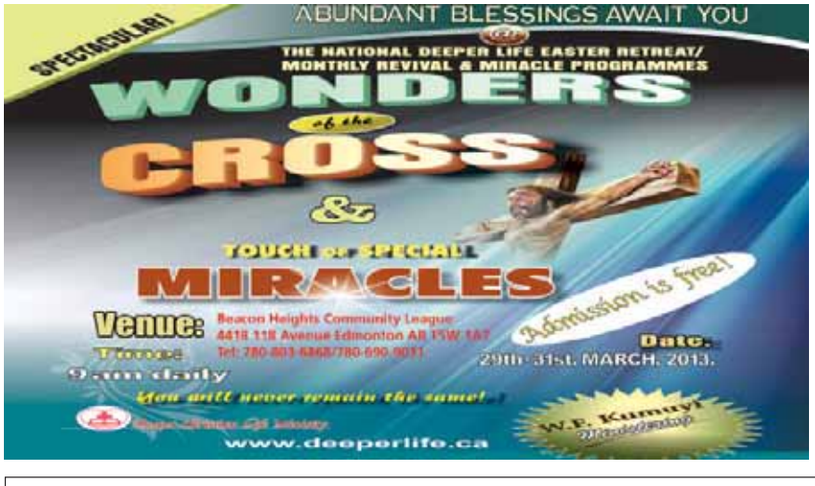
Different versions of NJOY electronic cigarettes are shown. A former U.S. surgeon general who supported a ban on all tobacco products will join NJOY's board. THE ASSOCIATED PRESS

Former U.S. surgeon general Dr. Richard Carmona, who highlighted the dangers of secondhand smoke and supported a ban on all tobacco products, is joining the board of directors for NJOY Inc., the U.S.'s leading electronic cigarette company — a move that could bring increased legitimacy to e-cigarettes as a viable alternative to traditional cigarettes.

The country's senior public health official under President George W. Bush from 2002 to 2006 will advise the Arizona-based company on public health and regulatory issues. He'll also spearhead its research of the battery-powered devices that heat a liquid nicotine solution and create vapour that users inhale. The private company's flagship NJOY KING product is the top-selling e-cigarette.

In 2006, Carmona published a comprehensive report that concluded that breathing any amount of someone else's tobacco smoke harms nonsmokers and was instrumental in smoking bans around the country. And in testimony to a Congressional committee in 2003, Carmona was critical about the possibility of safer tobacco alternatives to smoking.

"Definitely there's an argument that can be made for harm reduction, but clearly more research needs to be done," Carmona said. "I'm probably going to be (the company's) biggest critic.... I still look at my job as being a doctor of the people and I'm going to look at the science.... If we can find a viable alternative that gave us harm reduction as people are withdrawing from nicotine, I'm happy to engage in that science and see if we can do that." THE ASSOCIATED PRESS



Executive compensation. PepsiCo CEO's pay falls to $12.6M in 2012

PepsiCo gave CEO Indra Nooyi a pay package worth $12.6 million US last year, which is down 11 per cent from the previous year, as the soda-and-snack food giant changed the way it awards long-term incentive compensation.

The company did away with outright option awards last year and instead gave Nooyi a long-term incentive award tied to the performance of the company's future stock price and other metrics. That figure is not included in the pay summary filed with the Securities and Exchange Commission.

For the year, Nooyi's base salary was roughly even with the previous year at $1.6 million US. Her annual incentive pay rose 32 per cent to $3.3 million US, as PepsiCo said it met its financial goals during a year of restructuring.

Nooyi, 57, has been CEO since 2006. Last year, she announced a reset for the company after losing market share to Coca-Cola Co. and coming under pressure from investors to improve performance. The reset included job cuts and more investment in flagship brands. THE ASSOCIATED PRESS

Clarification

For BK's turkey burgers, head south of border

Burger King is rolling out turkey burgers for the first time this week, but the new sandwich will only be available in the U.S., and for a limited time. A previous story in Metro didn't specify where the product would be sold. Recent additions to Burger King's menu in Canada include a pulled-pork sandwich and a chipotle lineup that includes a Chipotle Whopper. METRO

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Date night... at home!

When you think "date night," you may envision a night on the town or a fancy and expensive restaurant dinner. That, and the babysitter, the outfit, the hair...it

might all seem a touch overwhelming and extremely pricey. So spend date night at home! You can and still make it romantic and do it for a fraction of the price with a Pepperoni Pesto Ristorante Pizza from Dr. Oetker.

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HAVE YOU TRIED THE BEST?

Cold sore help

Cold sores aren't a problem for everyone but for those who suffer, outbreaks can be painful, uncomfortable, and embarrassing. In fact, up to 90 per cent of adults carry the virus (HSV-1), but only 20 to 40 per cent will ever experience a cold sore outbreak.

Most cold sore sufferers aren't exactly sure when they first encountered the virus, but once contracted the virus never leaves the body.

Not everyone's cold sore is triggered by the same thing. But there are several common factors that may cause your outbreaks. Knowing general cold sore triggers can help you identify personal triggers and take the necessary steps to manage them.

First, boost your immune system by getting plenty of rest and exercise and eating a balanced diet. Reducing the stress in your life is also important. Keep your lips moisturized – drink plenty of water to stay hydrated and use sunblock on your lips all year round to protect your lips from sun and from winter cold.

Treat your cold sore early for best results. The best time to start treatment is when that tingling sensation first happens, before any visible sign of a cold sore appears. When it comes to treating a cold sore, you'll hear advice on everything from home remedies to lip balm cures.

Learn the cold sore facts so you can face every cold sore with confidence. Ice, vinegar, tea bags, camphor, menthol or phenol may provide temporary relief, but they won't make your cold sore disappear faster. Look for products that contain the medicinal ingredient, docosanol, which is clinically proven to shorten the duration of a cold sore.

Remember to avoid transmitting the virus to others through skin contact. Also, wash your hands frequently if you've touched your lips or brushed your teeth to avoid spread of the virus.

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When you get a cold sore, you want to get rid of it fast. Only Abreva contains docosanol. Abreva is clinically proven to shorten cold sore healing to as little as 4.1 days.* It helps reduce the duration of burning, itching, tingling and pain, so you can get back to yourself.

To be sure this product is right for you, always read and follow the label. †In clinical testing Abreva® is proven to reduce median healing time of cold sores to 4.1 days vs. 4.8 days placebo. Abreva® is the #1 recommended brand for cold sores by pharmacists. Data on file. TM/® or licensee ©2013 GlaxoSmithKline.

All about balance

Good balance. It's what we all strive for in our lives – the healthy combination between work and play, performance and rest, and eating right and exercising. If you need help getting motivated to exercise and enjoy a nutritious diet, know that the health benefits can't be overstated. Good eating starts with a variety of foods from the four food groups in Canada's Food Guide – plenty of fruits and veggies, whole grains and low-fat dairy products, along with lean meats and meat alternatives. Healthy diets also minimize intake of foods high in saturated fat, cholesterol, sodium and sugar.

Why dairy? There's no better and more natural way to get the calcium you need for strong teeth and bones. If getting enough dairy in your diet is a challenge because you're not a milk drinker, yogourt supplies calcium along with other important nutrients like vitamins A and D in a tasty, low-fat and low-calorie package. It's also easier to digest for those who have difficulty with dairy foods – and it's a great choice for anyone looking to maintain a healthy weight. Remember to balance healthy eating with 30 to 60 minutes a day of exercise – walk, cycle, do aerobics or swim and lift weights to maximize your health benefits.

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Visit us at metronews.ca/bestnewproducts

Jennifer Lortie, shown working in her Willimantic, Conn., office, has limited arm and leg use due to cerebral palsy. Of the 29 million working-age Americans with a disability, Lortie is among the 5.2 million who are employed. THE ASSOCIATED PRESS

20 years on, U.S. has made little progress hiring disabled workers

Employment. Despite passage of key legislation in 1990, job figures have not improved much

Whether it means opening school track meets to a deaf child or developing a new lunch menu with safe alternatives for students with food allergies, recent Obama administration decisions could significantly affect Americans with disabilities.

But there's been little progress in one of the most stubborn challenges: employing the disabled.

According to government labour data, of the 29 million working-age Americans with a disability — those who are 16 years and older — 5.2 million are employed. That's 18 per cent of the disabled population and is down from 20 per cent four years ago. The employment rate for people without a disability was 63 per cent in February.

The job numbers for the disabled haven't budged much since the passage of the Americans with Disabilities Act of 1990, which gave millions of disabled people civil rights protections and guaranteed equal opportunity in employment, public accommodations, government services and more.

The National Council on Disability's Jeff Rosen said longstanding prejudicial attitudes need to be addressed to boost jobs.

"Employers are still catching on to the fact that the needs of most workers with disabilities aren't special, but employees with disabilities often bring specialized skills to the workplace," Rosen said.

"Perhaps no one knows how to adapt, think critically or find solutions better than someone who has to do so daily in order to navigate a world that wasn't built with them in mind."

THE ASSOCIATED PRESS

Federal hiring

- One silver lining in the lagging U.S. employment for the disabled has been federal hiring. The latest data from the U.S. Office of Personnel Management shows nearly 15 per cent of new federal hires between 2010 and 2011 were people with disabilities, up from 10 per cent the previous year.

Falklands, Argentina ill-equipped to prevent unlicensed fleet scooping up too much squid

It was a rare victory in the squid wars: Argentina's coast guard cutter Thompson fired warning shots at two Chinese trawlers, blocking their escape into international waters. Ten tons of squid were found in the holds of the Lu Rong Yu 6177 and 6178 after they were hauled into port on Christmas Day.

But this was just the first such capture in two years, a minor disturbance to the hundreds of unlicensed, unregulated fishing vessels that exploit the South Atlantic, pulling out an estimated 300,000 tons of ilex squid a year.

The species, which roams across the maritime boundary between Argentina and the Falkland Islands, is key to a food chain that sustains penguins, seals, birds and whales. Managed well, it could sustain a vigorous fishing industry and steady revenues for both governments.

But the two sides aren't even talking. Argentina pulled out of a fisheries management organization it had shared with Falklands in 2005. The lack of co-operation has left both sides ill-equipped to deal with the fleet scooping up squid just beyond their maritime boundaries, and sometimes within.

"It's like the Wild West out there," said Milko Schvartzman, who campaigns against overfishing for Greenpeace International. "There are more than 200 boats out there all the time," and many routinely follow squid into Argentina's economic exclusion zone, he added. THE ASSOCIATED PRESS

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Should you consider the HBP?

Think you have found the solution to your down payment woes?

The Home Buyer's Plan (HBP) allows you and your partner to withdraw up to $25,000 each from your RRSPs as your down payment. Once you are settled into your new place, you will have 15 years to pay it back.

But before you rush out and sign the withdrawal papers, weigh the consequences.

First, when you take money out of your RRSP you lose the power of compounded interest and reinvested returns on those funds. Money grows exponentially over time and when you reduce the money in your RRSP account, you earn less interest and sacrifice potential returns.

If, for example, you withdraw $10,000 at age 30 through the HBP, that sum of money compounded at seven per cent for 25 years adds up to a little less than $55,000 (before tax). So you would miss out on nearly $45,000 in compounded interest and reinvested returns by withdrawing early.

Second, when you repay one-fifteenth of those borrowed funds each year, you don't get any tax writeoffs on those repayments because they aren't considered RRSP contributions — it's not new money.

Third, if you can't repay the minimum amount, you will be taxed on the difference between what you still owe and what you paid.

The primary benefits of the HBR are: First, it promotes home ownership, which is a valuable investment and can allow you immediate access to the real estate market. Second, repayments don't impact your annual RRSP deduction limit. Third, if you are flush with cash you can repay earlier.

Experts have differing opinions on the HBP. But the general consensus is that if you can afford not to use the plan, don't. The loss of compounded interest and reinvested returns on your RRSP will seriously impact your net worth goals. LESLEY SCORGIE

A small part of home financing

Mortgages. There are a number of elements to consider when securing a home loan

LESLEY SCORGIE
For Metro

Your monthly mortgage payment is just one small part of home financing. There are several other elements to consider.

The amortization period is how long it will take to pay off the total loan, which typically ranges from five to 25 years for insured mortgages through the Canada Mortgage and Housing Corporation (CMHC). The longer you take to pay off your loan, the lower the payments, but you will pay more in accumulated interest.

The term of the mortgage is how long it lasts. It typically ranges from six months to 10 years. When the term expires, you can renegotiate certain terms of the loan, transfer your loan to another institution, pay it off, or renew it for another term. The term is essentially the total amortization period broken into smaller chunks.

There are several elements to consider when thinking of home financing. GARY HOULDER/LIFESIZE/THINKSTOCK

The interest rate on a mortgage is the premium you pay to the lender for lending you money. Shop around for competitive rates and terms. Check out all the big bank websites as well as ratehub.ca, ratebot.ca, and canadamortgage.com.

A fixed interest rate means that the lender can't change the rate and your payment is set for the full term — great when rates are low.

A variable rate fluctuates with prime rate, and is typically lower than the current posted fixed rate allowing you to pay more principal. But the rates can fluctuate. This option is good when rates are high but declining.

Next, choose between an open or closed mortgage. Open mortgages cost more because you can, at any time throughout the term, pay any portion of the loan off without penalty and can negotiate almost any term of the mortgage at almost any time.

A closed mortgage means you are committed to the terms and conditions of the mortgage until your term is up.

Many lenders offer prepayment options — lump-sum payments of 10 or 20 per cent of the original amount each year, "double-up" payments, increased regular payments, or accelerated weekly or biweekly payments.

Hybrid mortgages

- There are two hybrid mortgages. A capped-rate mortgage takes advantage of a variable rate. If the rate increases to a certain level, the mortgage locks in for the remainder of the term (thus capping the rate). You pay a premium for this mortgage structure. A convertible mortgage allows for the existing terms to be converted to new terms (hopefully, more favourable) after a certain period of time.

Try to save as large a down payment as possible. COMSTOCK/THINKSTOCK

Rules. New guidelines in place for protection

As a result of the recent financial crises, high-risk, zero-down mortgages are history. This protects both the Canadian banking system and homebuyers by reducing the risk of loss.

Newly tightened mortgage lending rules now dictate that a minimum of a five per cent down payment is required to make a purchase. A down payment is simply calculated by taking a percentage of the cost of the home.

Today, to qualify for an uninsured mortgage, a borrower must have a 20 per cent down payment. But, for many people, saving 20 per cent is out of reach. Thankfully, through the Canada Mortgage and Housing Corporation (CMHC), buyers can secure an insured mortgage with a five per cent down payment.

CMHC charges a fee for the insurance and publishes a table of premiums, allowing borrowers to calculate the added costs. (If math freaks you out, use CMHC's premium calculator). On a $300,000 home, for example, a five per cent down payment translates into a $7,840 CMHC premium.

The more you put down, the less insurance you will pay, so try to save as large a down payment as possible. Note that, long term, CMHC fees are lower than the value gained through building equity in your home.

Rent-to-own options are home ownership solutions for individuals with poor or limited credit history who wouldn't otherwise qualify for a typical mortgage. Effectively, this is a lease combined with an exclusive option to purchase the home within a pre-specified period of time at a guaranteed purchase price.

At the beginning of the lease, a non-refundable initial option fee is paid by the buyer. As the buyer pays rent, they earn lease option credits that are put towards the purchase price of the home when the buyer decides to exercise the option to purchase the property. LESLEY SCORGIE

Renting to own

- Renting to own is great when a buyer wants to test out the house and neighbourhood, or if they need time to rebuild credit and save money. The drawbacks are that the rent paid is typically at a premium, the initial option deposit is non-refundable and bank financing isn't guaranteed at the end of the process.

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A CITY WITH TRUST ISSUES

URBAN COMPASS

Terence Harding
edmonton@metronews.ca

"One of the current issues here is trust..."

That's a quote from Scott Mackie, manager of Edmonton's planning branch in reference to the city's decision to allow infill housing in some Edmonton neighbourhoods.

So why would Edmontonians not trust their city officials? Is it unjustified paranoia? Is it because the city has often said one thing and done another? Or is it that public consultation has usually meant the city saying, "Here's what we want to do. What do you think? We will listen to what you have to say. But don't get your hopes up because we are going to do what we want to do regardless of what your response is."

Don't get me wrong. I think the move to encourage infill housing is a good one for the city. We need to increase our density not only in areas that are closer to the city centre, but in all areas of the city. But we also have to be careful that we don't destroy the reasons those areas are popular in the first place.

Given the response of a number of communities, Mackie is right. People don't trust the city to make decisions that are truly in the best interests of citizens.

A number of comments suggested that many people think infill development is a sop to developers and that the houses that will be built will not be affordable for young families. In reading over many of the responses to the city's decision, I think a lot of people believe that the issue is more about money for developers than it is about density. They also seem to think that only some areas will be designated for infill and that others will remain the preserve of those who have enough influence to ensure no one messes with their neighbourhoods.

Now where would they get those ideas? Well, maybe they see a city that seems to have bent over backwards to accommodate developers. Maybe they think that those who want to spread expensive boxes made of ticky-tacky out toward the horizon always seem to get what they want. Maybe they wonder whose interests are best served by many of the city's decisions.

I believe the city has made the right decision about infill housing. But what really matters is how that decision will play itself out in the communities that will be affected.

Edmonton needs smart growth

We need to increase our density not only in areas that are closer to the city centre, but in all areas of the city. But we also have to be careful that we don't destroy the reasons those areas are popular in the first place.

ZOOM

HIS SPIDEY BEARD IS TINGLING

Amazing logo spun out of chin hair

An IT specialist has crafted his facial hair in homage to the iconic Spider-Man logo. Chad Roberts' beard recently won him honours at the second annual Garden State Beard and 'Stache competition in New Jersey, with his spider symbol from Spider-Man. Chad's past beards include a Christmas tree and an X-wing spaceship from Star Wars.

For Roberts, whose beard measures just over 35 centimetres long, the Spidey style is one of his favourites: "It translated very well from concept to end result. At first, I tried to do a web but that didn't work out so I opted for the Spider-Man logo.

"Sculpting the beard wasn't as complex as it looks. I just separated it into sections and used plenty of extra-hold hairspray." METRO WORLD NEWS

Sunday best

"I normally don't wear my beard like this. On most days I just let it hang. I call this kind of beard my 'Sunday best.' This beard only took me 45 minutes to an hour to sculpt."

Chad Roberts, 35, IT administrator and president of the RVA Beard League

Clickbait

ANDREW FIFIELD
metronews.ca

The best part of living in the future is having a pocket-sized device that connects to the totality of collected human thought with a few taps of a finger. But that's no reason to feel guilty if you just want to kill some time with a little pinball. Here are three apps worth your spare time:

Zen Pinball

If you're not a reality purist, Zen tables are the best bet for high-concept hurry-ups and gimmicks — from the castle sieges of Excalibur to racking up combos as troublemaking kids in the Sorcerer's Lair. (Free/iOS and Android)

Revenge of the Rob-O-Bot

The devotion the shiny chrome finish and dot matrix scoreboard show to the titular robot still doesn't come close to the devotion the developers showed to capturing the physics and sounds of a real table. ($2.99/iOS and Android)

Pinball Arcade

Nothing gets more pure than real tables. Comes included with a faithful recreation of Tales of the Arabian Nights. But splurge for the in-app purchase of Ripley's Believe It Or Not, a true time-waster packed with objectives for players willing to learn the angles. (99 cents/iOS and Android)

Comments

RE: Sex toy gives singers an extra octave, published March 21

Yeah, he uses it on the OUTSIDE, in case anyone was confused lol. And yeah, people have been doing massages on the larynx forever, he's just probably the first to be in the media for using a vibrator.
eplizo posted to metronews.ca

Gives a slightly new meaning to the term "hummer"...
Jeff Overstreet posted to metronews.ca

A #SouthPark episode in the making....
Mighty-Morphin Larry posted to metronews.ca

WE WANT TO HEAR FROM YOU:
Send us your comments: edmontonletters@metronews.ca

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Dave Gahan of Depeche Mode performs earlier this year. GETTY IMAGES

Music-making machines

New album.
Depeche Mode Just Can't Get Enough of releasing music, or that bluesy influence

Depeche Mode has released a new album every four years since the early 1990s, so fans weren't surprised by the English band's announcement in late January that its 13th record was coming soon. The blues-tinged Delta Machine is out March 26 and the electronic band has September gigs scheduled at the Molson Canadian Amphitheatre in Toronto and Bell Centre in Montreal. Band member Andy Fletcher talks about what influenced the new songs, playing 30-year-old hits and the lead single Heaven.

How did the blues inspire you while recording the new album?
We have dabbled in this before, one of our most famous tracks, Personal Jesus, is very linked to blues music. All three of the band members, we have varied tastes in music going back to blues to early rock 'n' roll. I think the interesting thing is the mixing between blues and electronics and I think it really goes well. Obviously some songs such as Slow are more heavily blues influenced but even the tracks that are mainly electronics, you can still hear the blues influence.

What's on the set list for the new tour?
It's difficult getting a set together because there are so many songs now over the years, so many classics, and somehow we have to get a set together that sort of represents our whole career and at the same time make sure the new album gets its songs as well. It's a bit of a process, but I think we're getting there.

Which of the new songs are likely to be played?
Our last album, Sounds of the Universe, I don't think many of the songs really translated live that well, but this album seems to be completely the opposite, it's quite a minimal but powerful album and a lot of the tracks are sounding very good, like Soft Touch/Raw Nerve. Angel is sounding really, really powerful, and Should Be Higher. We can't play, unfortunately, too many songs from the new album because we have fans that go back such a long way, it'd be a bit selfish, I think, just playing a lot of songs off the new album and disregarding tracks from our career.

Have you considered a modern makeover to older tracks like Just Can't Get Enough that fans want to hear live but no longer reflect your current musical style?
You can't modernize Just Can't Get Enough, it's a classic pop song, it has a classic sound, you just have to play it. It's one of the most famous tracks of the '80s. If you tried to modernize it, it'd be horrible. I think it stands up as a classic track and obviously you have to position it in the set list where it'll sound the most comfortable, but I think we'd be doing the song — such a part of our history — a disservice to try to modernize it.

Why Heaven as lead single? Was it the label's preference?
I don't think the label would've chosen that song. We just felt it was the right sound to introduce the album. Great song. Commercially it doesn't really stand up, it's too slow, but for us it's the perfect taste for the album itself. ... It is important to us still to have success but not at all costs."

THE CANADIAN PRESS

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Demetri Martin keeps his worries at bay

New book. Absurdist comedian is putting his existential crisis on ice by penning his new book Point Your Face at This

PAT HEALY
Metro World News

Demetri Martin wants you to point your face at his new book. HANDOUT

After Demetri Martin left New York for California a few years ago, he realized the reason he does the thoughtfully silly type of comedy he does.

"I would go for these long beach walks, and bring my notebook, daydreaming and writing," he says.

"I do like going for walks and kind of escaping, which is probably why I don't do a lot of topical material, if any. I just don't feel as inspired by any of that. But it was this beautiful day and I was walking home and it was like the end of the day and it was sunset and there was hardly anybody on the beach. The ocean was on my left, I had flip-flops in my backpack and the water was hitting my feet and I remember thinking, 'I'm gonna freaking die!' I got all the distractions away, all the New York stuff that keeps me from worrying about really big stuff, so I had to escape into some stupid line drawings or jokes or whatever, because it's just kind of too much."

The tools he uses to hold his existential crisis at bay enables his audience to also stop thinking about their own mortality. His brand new book, Point Your Face at This, is a compilation of these self-described "stupid line drawings" that mine a similar life-affirming absurdity as The Far Side.

"I do remember, as a kid, Gary Larson being one of my first favourite things that I found funny," says Martin.

"I used to just pop into the bookstore and not have any money to buy books or anything, but I would just flip through a Far Side, probably like a lot of kids, and just think how funny they were. And it was an interesting experience, looking at something on a page — often something without words — and find it funny. There was something so powerful about that for me."

Martin is humble about his skill as an artist, however, saying he doesn't think his drawing is on par with that of Larson.

"A lot of my stuff, I think there's a simplicity to it, whether it's by design or just the best that I can do," he says. "It's funny how your style often is really just the upper limits of your own effort. I know people who are kind of virtuosos and style for them is a different thing. It's a conscious choice. But for me it's like, 'Here's the best I can do with where I'm at right now.'"

Though Point Your Face at This features the sort of drawings that Martin has been injecting into his standup for years, his current show does not feature extra emphasis on drawing. He says although he likes to dabble in drawing, music and longer-form writing, standup is still his first love.

"Standup is so fun because you get immediate feedback," he says. "You can think of stuff and improvise it right there onstage, or think of it earlier in the day and then you get to say it and see what the audience thinks."

No purchase necessary. Contest open to residents of the Greater Edmonton Area, excluding Quebec, who have reached the age of eighteen (18) years of age or older. Odds of winning depend on the number of eligible entries received. Ten (10) Grand Prizes are available to be won, consisting of a pass for two to a run of engagement screening of Springbreakers valid at participating Cineplex Odeon Theatres (approximate retail value of $26CDN). Skill testing question required. Contest closes March 31, 2013 at 12:59PM EST. To enter and for complete contest rules visit www.clubmetro.com

Amanda Bynes ALL PHOTOS GETTY IMAGES

Come home Amanda!

Amanda Bynes' family is reportedly very concerned about the troubled actress and wants her to move back to Los Angeles where they can keep a better eye on her, according to E! News. The accident-prone starlet has been living it up in New York, tweeting pictures of her outlandish recent make-over and a new cheek piercing along with bizarre and non-sensical declarations like "Baby corn and fried tofu," "Fear is pain arising from the anticipation of evil" and "I created the phrase lly and lololol."

Bynes has reportedly refused her family's requests that she move back to L.A.

Twitter

@Sethrogen
If you're like me, you're awake right now on hour 3 of 14 of smoking a brisket.

@JimCarrey
Hunters hang animals up on their walls.I kill mosquitos but their little heads r hard to mount!

@justinbieber
Back to the #longestbusrideever

@ABFoundation
When playing the losing attorney in a case, always wear a suit with a vest.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Pop goes the week

Emma Watson isn't getting spanked and Bradley Cooper likes them young

STARGAZING
Malene Arpe
scene@metronews.ca

Bradley Cooper

Hansel & Gretel: Witch Hunters is getting a sequel after doing surprisingly great box office numbers overseas. The tentative title of the sequel is Jeremy Renner and Gemma Arterton: Contractual Obligation Loophole Hunters.

Tired of the rumours, Emma Watson tweets, "Who here actually thinks I would do 50 Shades of Grey as a movie? Like really. For real. In real life" "Well, I kinda do," says Bobby, the Hermione-obsessed whip-and-chains enthusiast.

Bret Michaels turns down an offer to strip for Chippendales. That's terrible news for all the women who were hoping to see what he looks like under his wig.

The Kardashian sisters compare the smell of their lady parts on Kourtney and Kim Take Miami. Appropriate responses to this: 1) Ewww. 2) Blergh. 3) Ugh. 4) Where are we as a civilization and can anything get us back from the brink? Read more at ewwwblerghugh.com.

Liev Schreiber comes to the aid of a woman who was involved in an accident outside his house. Long-time celebrity rescue champion Ryan Gosling immediately runs out the door and tackles a random senior citizen while whispering, "you're safe, you're safe now."

Selena Gomez said she made Justin Bieber cry. Then Justin's fans said Selena makes them cry. Then the Devil laughed.

After saying he would never date Jennifer Lawrence because she could be his daughter, Bradley Cooper is now dating a 20-year-old model. "That comment was taken completely out of context and twisted around by the stupid press," says Bradley. "What I meant to say is that I wouldn't date Jennifer because she repeatedly turned me down."

Ashton Kutcher

Kutcher taking vow of silence on relationship

Ashton Kutcher has vowed to keep his mouth shut when it comes to dishing on his relationship with Mila Kunis after how things turned out with ex-wife Demi Moore.

"You know, I've learned the hard way how valuable privacy is," Kutcher tells Elle magazine. "I've learned that there are a lot of things in your life that really benefit from being private. And relationships are one of them. And I am going to do everything in my power to have this relationship (with Kunis) be private."

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Book excerpt

Brand extension

IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The next time you visit a corporate website, look at the "About Us" page. Most feature a mission statement — a few sentences or paragraphs that tell the world what the company does and what it wants to accomplish. As the boss of your family, you will likely find a mission statement handy, if for no other reason than to remind yourself of what you were thinking when you brought these people into the world.

Corporately, a mission statement should address the employees, the shareholders, and the customers.

- Employees: The members of your family.
- Shareholders: Any relative or friend who has invested in you and wants you to be successful.
- Customers: Our neighbours, friends, acquaintances; everyone we interact with on a daily basis.

A mission statement should easily and clearly define who you are and what you do. Make a list of words that mean something to you, that reflect the attitudes or approaches you feel are important: commitment, knowledge, quality, or wherever your focus needs to be. String ideas together until you come up with a mission statement of your own. I worked with keywords such as know, admire, inspire, value, personal mastery, and focus, and boiled it down to this: "Do your best. People are watching."

EXCERPTED FROM I AM SO THE BOSS OF YOU: AN 8 STEP GUIDE TO GIVING YOUR FAMILY "THE BUSINESS" BY KATHY BUCKWORTH. PUBLISHED BY MCCLELLAND & STEWART, 2013. AVAILABLE IN BOOKSTORES EVERYWHERE

Easter and April Fool's in one

Crafts. Paint, foil transform papier-mâché eggs into faux chocolate Easter treats

Easter and April Fool's Day may be far apart in spirit, but they're jammed together on the calendar this year. Here's a quick and inexpensive craft project that can carry over from one to the other: faux chocolate eggs.

Given people's weakness for chocolate, you likely can't put out a bowl of pretty foil-wrapped chocolate eggs a week before Easter and expect them to last until the holiday. But you can get the same effect — without the temptation — by painting papier-mâché eggs and partially wrapping them with pastel-hued foil. Piled in a glass canister or arranged in a simple bowl, these eggs make a sweet Easter display that will last for years.

These faux-chocolate Easter eggs make a great decoration. HOLLY RAMER

Materials

- papier-mâché eggs
- brown satin finish spray paint or acrylic craft paint
- satin finish clear sealant or varnish (if using craft paint)
- paint brush (if using craft paint)
- large cardboard box lined with waxed paper or parchment paper for containing over-spray (if using spray paint)
- foil sheets made for candy wrappers
- white glue or Mod Podge

Instructions

1. If using spray paint, place eggs in lined cardboard box and, working in well-ventilated area, apply several coats of paint. Follow directions on canister to determine drying time between coats. Turn eggs to make sure you are painting all sides. Three or four light coats of paint should be enough.

2. If using craft paint, use brush to apply three coats of paint, allowing eggs to dry between coats. If using craft paint, apply one coat of satin finish varnish. Allow eggs to dry.

3. Cut piece of coloured foil a bit taller than height of egg and wide enough to wrap around it. Cut slits roughly 1-inch long along one of the long edges. This will make it easier to fold the foil tightly around the bottom of the egg.

4. Brush glue or Mod Podge on the lower 2/3 of an egg, then wrap foil around egg, with fringed edge at the bottom, wider end of the egg.

5. Brushing on more glue as needed, press foil tightly against egg, overlapping the cut pieces at bottom. At top, squeeze the foil together and twist it tightly. Cut off the excess.

6. Once the egg is entirely covered in foil, peel some off to create the appearance of a candy egg that's been partially unwrapped. THE ASSOCIATED PRESS

Exclusively online

Nap time is the most wonderful time in Mommy's day. In theory. Follow along with the comedic (mis)adventures of mommyhood online at metronews.ca/voices

Keeping it trendy during pregnancy

Pregnancy trends for 2013 include ultrasound parties. ISTOCK

BRIA MARIETTE
Metro World News in New York

Fear not, moms-to-be, being pregnant doesn't mean you have to give up on the trends.

We caught up with Elena Mauer, deputy editor of Thebump.com, to learn what first-time moms should look out for this year.

Going green ... with baby names

Pantone named emerald as the colour of the year for 2013, so expect to see baby names like Hunter, Jade, Kelly and Forest increasing in popularity in the coming months. Even celebrities have been swept up in the trend (Drew Barrymore named her new baby girl Olive).

Ultrasound parties

Parents-to-be are going beyond the usual baby shower or gender reveal party. Now more extravagant measures are popping up, including ultrasound parties, where a medically trained technician is invited to perform the procedure in the living room for all of your loved ones to see.

Mommy-moons

Move over, baby-moons. Soon-to-be moms are taking what Thebump.com calls "mommy-moons," mini getaways that pregnant women can take with their girlfriends before the arrival of the baby. Beach vacations, spa trips and pampering parties are the most popular choices. "Pregnant women are looking for ways to pamper themselves (and) spend time with their friends before the baby arrives and they become very busy," says Mauer.

Neon Nurseries

Gone are the days of the traditional pink and blue colour scheme for baby rooms. "In 2012, there was a lot of neon in fashion," Mauer says. "You saw it on the runway, and now people are bringing it into their nurseries." You are more likely to see neon pink bedding, or a neon green table cover that adds mild pops of color and a bit of trendiness to the nursery.

Butter Chicken can be a healthy choice — seriously

A little prep in the morning will go a long way in creating a flavourful and nutritious family meal that cooks while you are at work.

Start with spice-coated chicken and a healthy pantry staple pasta sauce. Let it simmer all day in the slow cooker. Finish it off with rich Greek yogurt and lime at dinnertime.

This dish can be served over quinoa or basmati rice.

You can also make extra of the spice mixture and store for your next "better for you" Butter Chicken.

This traditionally rich Butter Chicken dish is slimmed down in sodium and fat while maintaining amazing aromas and flavours. For a 250 gram serving, the dish comes in at 307 calories.

This recipe serves six. NEWS CANADA

1. In small bowl combine all spices, set aside.

2. Place onion in ceramic insert of slow cooker; add chicken; sprinkle with spices then top with butter and Healthy Choice Diced Tomato with Onion and Garlic pasta sauce.

3. Stir, cover and cook on high 4 to 6 hours or on low 8 to 10 hours.

4. Stir in lime juice and yogurt before serving. Garnish with cilantro.

NEWS CANADA/ FACEBOOK.COM/HEALTHYCHOICECANADA

Ingredients

- 2 tsp (10 ml) each ground ginger, curry powder
- 1 tsp (5 ml) each ground cumin, cinnamon, coriander
- 1 medium onion, finely chopped (about 1 1/2 cup/375 ml)
- 1 1/2 lb (675 g) boneless, skinless chicken breast, cubed into 2-inch (5 cm) pieces
- 2 tbsp (30 ml) melted, unsalted butter
- 2 cups (500 ml) Healthy Choice Diced Tomato with Onion and Garlic pasta sauce
- 1 tbsp (15 ml) lime juice
- 1/2 cup (125 ml) 0% fat, plain Greek yogurt
- 1/4 cup (50 ml) chopped cilantro, to garnish

This Spiced Pork with Chutney trades in drab for the exotic

Escape to the exotic with this fresh tasting and easy to prepare Indian Spiced Pork with Peach and Mint Chutney recipe. Ideal for a weeknight family dinner, it can also easily be doubled for entertaining.

1. Drain peaches and reserve juice.

2. Heat oil in a medium saucepan over medium-low heat. Add onion, red pepper, jalapeno, ginger, garlic and cinnamon stick. Stir just until onion softens, 2 to 3 minutes.

3. Add vinegar, brown sugar, 1/4 cup (50 ml) peach juice and chopped peaches. Bring to a boil, reduce heat and simmer stirring until mixture thickens, 5 to 7 minutes. Remove from heat and cool. Once cool, stir in mint

4. Preheat oven to 400 F (200 C). Sprinkle pork all over with garam masala and salt. Place in small roasting pan and roast uncovered for about 25 minutes.

Ingredients

Prep time: 10 minutes
Cook time: 10 minutes
Roast time: 25 minutes

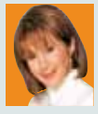
- 1 (14 oz/398 ml) can California Cling Peach halves in fruit juice from concentrate, coarsely chopped
- 1 tbsp (15 ml) vegetable oil
- 1/4 cup (50 ml) each diced onion and red pepper
- 1 small jalapeno, seeded and minced
- 2 tsp (10 ml) peeled finely grated fresh ginger
- 1 garlic clove, minced
- 1 cinnamon stick
- 1/4 cup (50 ml) cider vinegar
- 1/4 cup (50 ml) brown sugar
- 1/4 cup (50 ml) coarsely chopped fresh mint
- 1 pork tenderloin, about 1 lb (500 g)
- 2 tsp (10 ml) garam masala (a blend of Indian spices available in the spice section of most supermarkets)
- Salt to taste

NEWS CANADA/CALCLINGPEACH.CA

This recipe serves four. NEWS CANADA

Healthy eating

Choose it and lose it



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YLVA VAN BUUREN
CareerBear.com

Late night last night? This ain't the time to let that show. ISTOCK

OK, listen up. Research shows that body language during a job interview can be more important than what you verbally communicate.

"At a rational level, that's hard to comprehend," says Stefan Danis, CEO of Mandrake and NEXCareer. "But at an emotional level, we have sensors that catch other parts of one's behaviour around body language, voice inflection and general energy level, and the evidence shows that it's 90 per cent of the experience that's remembered whereas content — or the answers during an interview — is less than 10 per cent. We remember how the individual interviewed, not what they said."

This means, even though you could have the most riveting answer to that question about your leadership style, if you answer in a monotone voice with your arms crossed and looking out the window, your response will mean nothing.

Here are seven ways body language can help you get the job:

Be the follower

If the interviewer comes to get you, follow them through their office, and don't lead in any way. When you get to the room, quickly assess the potential tactical advantage in terms of where you should sit. Again, the choice should place the interviewer in the head position (such as the head of the table). If you're making a presentation as part of the interview process, it's appropriate to stand but best to ask permission, says Danis.

Make a good first impression

When you first meet your interviewer, be sure to radiate positive energy and avoid a "claw-like" or clammy handshake. Consider tilting your hand a little bit to give the other person the higher hand.

Friendly body language

Avoid crossing your arms and leaning back in your chair, which may force the interviewer to lean forward. Leaning in is a friendlier posture. Also, don't fidget. And demonstrate that you are organized by being tidy with your laptop, purse, etc., when you first arrive.

Make eye contact

Avoid looking down or away from the interviewer, because not giving proper eye contact may signal a lack of interest, says Danis. Taking notes during the interview shows focus and interest in what the interviewer is saying. It also gives you a bit of a break from constant eye contact. "In any case, it should never be a stare-down — 75 per cent of the time, look into the person's eyes, particularly when they're talking."

Mind your Ps and Qs

Don't forget good manners

- Protocol should be observed, which means you only sit down when the interviewer has sat down. Be aware of body language in the reception area too.
- Don't be dismissive, over-excited or rude. Be engaged, warm and observe any rules such as signing in and putting on an ID badge.
- At the end of the interview, only stand up when the interviewer has stood up. If they've wrapped it up and are taking notes, you could ask if you may leave — or engage them a little more by asking how you did.

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Establishing trust between teacher and student is the key to educating adult learners of today. ISTOCK

The perils of giving power to the pupils

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BRUCE WALSH
Metro World News

University of St. Thomas professor Stephen D. Brookfield is perhaps the most prolific writer on adult higher education in the U.S.

His books use personal experience to flesh out his teaching philosophy. Brookfied's latest, Powerful Techniques for Teaching Adults, takes a look at power dynamics.

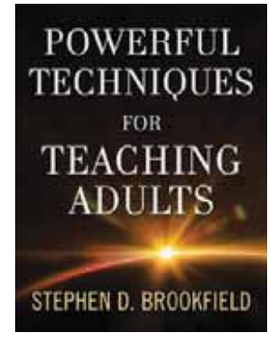
"Power is everywhere in the classroom. You can't avoid it," he says from his office in Saint Paul, Minn. "So I thought, instead of writing a book that's full of these approaches — which is probably what people are expecting — let's examine how these power dynamics skew the way teaching techniques are experienced by students."

Powerful Techniques touches on a number of concepts Brookfield has written about before: developing critical thinking, facilitating discussion, utilizing the creative arts. But this time the author emphasizes the adjustments he has made to his teaching style due to notions of power and trust.

Though Brookfield is still a believer in student-controlled, self-directed learning, he now introduces the concept with more than a touch of caution.

"If I'm asking people to make decisions about the curriculum, or I'm involving them in setting up the grading system, one of the responses I often get is: 'You're playing a game with us and we don't know what your agenda is,'" he explains.

"So now I begin by saying, 'Here are the non-negotiable things about the class; here are the things I want you to decide; and here are places where we can negotiate.' By being less naive about us all having the same power, I'm able to gain a student's trust and build something from there."



SPORTS 4

Gaydosh wows CFL brass at combine

CFL draft. Defensive lineman receives high praise from Ticats, who get first dibs in this year's draft

Defensive lineman Linden Gaydosh gets grabbed by defensive lineman Corey Watman at the CFL combine on Sunday in Toronto. COLIN MCCONNELL/TORSTAR NEWS SERVICE

Linden Gaydosh showed Sunday why he's a top prospect for this year's CFL draft.

The six-foot-four, 290-pound Calgary Dinos defensive lineman was virtually unstoppable in 1-on-1 drills at Varsity Stadium in Toronto on the final day of the CFL combine. His dominant on-field performance came a day after finishing second overall in the bench press (personal-best 36 reps) and posting a solid 33.5-inch vertical jump.

Much was expected this weekend from the native of Peace River, Alta., who finished the season ranked No. 3 on the CFL scouting bureau's list of top-15 prospects for the league's May 6 draft. Gaydosh more than delivered as his performance Sunday had people buzzing.

"I was ecstatic ... everything went the way I planned," said Canadian university football's top rookie in 2009. "I showed the best stuff I had and hopefully that's what they (CFL officials in attendance) wanted."

Jim Barker, the general manager of the Grey Cup-champion Toronto Argonauts, said Gaydosh solidified his status as one of the top draft-eligible players.

"He's what was advertised, a very physical guy," Barker said. "He showed why he's one of the top players in this draft.

"That's what this does a lot of times, it kind of separates the top guys from the not so top guys."

Gaydosh certainly moved into the conversation of potential favourites to be taken first overall in this year's draft. Other candidates include McMaster offensive lineman Matt Sewell and Regina Rams defensive tackle Stefan Charles, but there's no doubt in Gaydosh's mind he improved his draft stock this weekend.

The Hamilton Tiger-Cats hold the No. 1 pick and fortunately have the luxury of time. With Sewell and Charles both garnering interest south of the border, exactly who the Ticats take first overall should become clearer following next month's NFL draft. THE CANADIAN PRESS

Prospecting

"Big, strong, he's powerful.... He has really good feet and movement skills for his size."

Hamilton Tiger-Cats head coach and GM Kent Austin on CFL prospect Linden Gaydosh. The Ticats pick first in the upcoming draft, and could go after the Peace River, Alta., native.

WHL

Ice even series with Oil Kings with overtime win

Luke Philp scored the winner as the Kootenay Ice edged the Edmonton Oil Kings 2-1 in overtime on Sunday.

Philp found just enough room between the post and Edmonton's goaltender Laurent Brossoit at 14:56 of extra time to tie the series at 1-1.

Kootenay's Mackenzie Skapski bounced back from being pulled in Game 1 by stopping 47-of-48 shots for the win.

Brock Montgomery scored in regulation for the Ice and Philp picked up an assist for a two-point outing and the game's first star.
THE CANADIAN PRESS

NHL

Penguins pry Morrow from Stars

The streaking Pittsburgh Penguins acquired forward Brenden Morrow from the Dallas Stars on Sunday to bolster the team's second line.

Pittsburgh sent defenceman Joe Morrow, the team's first-round pick in the 2011 draft, and a fifth-round choice this year to Dallas in exchange for Morrow and the Stars' third-round pick in the draft.

The 34-year-old Morrow has 243 goals and 285 assists in 835 games, all with Dallas. Morrow will become a free agent at the end of the season. He waived his no-trade clause to move to the Penguins.
THE ASSOCIATED PRESS

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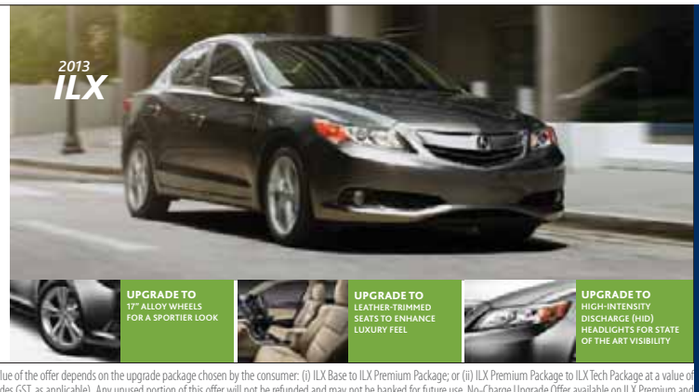

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Craft creates March magic for Ohio State

Ohio State Buckeyes guard Aaron Craft shoots the game-winning shot over Iowa State's Georges Niang on Sunday in Dayton, Ohio. JOE ROBBINS/GETTY IMAGES

March Madness. Toronto's Melvin Ejim collects double-double for Iowa in tight loss

Aaron Craft dribbled in place at the top of the arc, watching to see if any of his Ohio State teammates were open near the basket for a game-winning shot. Nothing there.

The point guard had a clear look at the clock as it raced toward zero atop the backboard. He realized what he had to do — take a little Ohio State tournament history into his hands.

Craft held the ball until he had no other choice, then swished a three-pointer with a half-second left on Sunday for a 78-75 victory over Iowa State, sending the Buckeyes to a school-record fourth straight trip to the round of 16.

No. 2 Ohio State had managed to escape as the lone high seed left in the NCAA tournament's most-busted bracket.

"The moment's a lot bigger than me," said Craft, who had allowed Iowa State to catch up with missed free throws and an errant jumper. "It just happened to be in my hands at the end."

Ohio State (28-7) needed Craft's fearless shot — over six-foot-seven defender Georges Niang — to avoid yet another upset in the oh-so-wild West Regional. Four of the top five seeds fell fast and hard in the first weekend.

THE ASSOCIATED PRESS

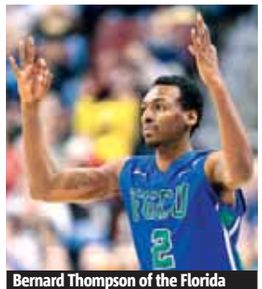
March Madness. Florida Gulf Coast becomes first 15-seed to reach Sweet 16

Not even many basketball fans knew about Florida Gulf Coast just a couple of weeks ago. They do now — the Eagles are the first No. 15 seed to make the Sweet 16.

Bernard Thompson scored 23 points and Sherwood Robinson added 17 to lead FGCU to its second NCAA tournament win in as many tries, an 81-71 victory over San Diego State on Sunday night.

FGCU (26-10), which shocked the world in the second round with a 78-68 victory over second-seeded Georgetown, was just as entertaining and impressive in the third round, again using a big second-half run to take control of the game.

Now, the Eagles will face an opponent that should know a lot more about them. Third-seeded Florida will play FGCU on Friday night in the semifinals of the South Regional in Dallas.



Bernard Thompson of the Florida Gulf Coast Eagles reacts after making a three-pointer on Sunday night in Philadelphia. ELSA/GETTY IMAGES

The upstart state school against the main campus. Seems right up FGCU's alley.

Jamal Franklin had 20 points for the seventh-seeded Aztecs (23-11), who were trying to reach the regional semifinals for the second time in three years. THE ASSOCIATED PRESS

Golf

Bay hill rained out as Woods leads

Tiger Woods is going to have to wait one more day to try to reclaim No. 1 in the world.

Moments after Woods made a 10-foot birdie putt on the second hole, a vicious thunderstorm interrupted the final round of the Arnold Palmer Invitational and wiped out play until Monday.

The storm dumped nearly 1 1/2 inches on Bay Hill and formed small ponds in the fairways — there was even a fish in the middle of the 18th fairway. Woods leads by three stokes. THE ASSOCIATED PRESS

Homan rebounds for bronze

Canadian skip Rachel Homan shouts during the bronze-medal game against the United States at the world women's curling championship on Sunday in Riga, Latvia. Homan defeated American Erika Brown 8-6 for bronze on Sunday morning, just hours after a crushing 8-7 loss to Scotland's Eve Muirhead in the semifinal a night earlier. Scotland defeated Sweden's Margaretha Sigfridsson 6-5 for gold later on Sunday. ROMAN KOKSAROV/THE ASSOCIATED PRESS

MLB. Buehrle not shy in touting Jays' potential

At 34 years old and with 12 major-league seasons under his belt, Blue Jays left-hander Mark Buehrle has played on good teams and bad.

He pitched for three post-season entries in Chicago, capping it with the White Sox's 2005 World Series win over the Astros. He also finished in last place with the Marlins a year ago. He believes this Jays team may be his best ever.

Mark Buehrle
GETTY IMAGES

"This team, I think, is better (than the '05 White Sox) on paper, but again we have to go out there and play 162 games and try and get to the post-season," Buehrle said. "If you asked me in spring training '05 and now, on paper, I think this team's better. We have a great line-up. We have a great starting staff. Bullpen's good. It's just everything, every aspect of the game we've got going good."

If anyone is looking for a sure thing with this Jays team heading into 2013, look no further than Buehrle. The crafty left-hander, who turned 34 Saturday, has recorded precisely 13 wins for four seasons in a row, and has won 10 or more games and exceeded 200 innings pitched in each of the past 12 seasons. You can mail those numbers in.

On Sunday, Buehrle took the short car ride over to the Jays' minor-league complex in Dunedin, Fla., with bullpen coach Pat Hentgen to get in his 85 pitches against the same group of Pirates prospects that had faced Ricky Romero three days earlier. The rest of the Jays were in Fort Myers where they lost 14-5 to the Twins. It's becoming an unwritten rule now that teams hide their starters from AL opponents they will face in the regular season. He was Buehrle-esque in his efficiency, but not fully satisfied.

With a wind howling in from centre-field at about 50 km/h, Buehrle sped through 5 1/3 innings, allowing one run on seven hits with two walks and two strikeouts. He threw 86 pitches. TORSTAR NEWS SERVICE

Heat put on a show for the best of the best in sports

LeBron James of the Miami Heat rises for a dunk against the Charlotte Bobcats on Sunday in Miami. The Heat extended their winning streak to 26 games with a 109-77 win. MARC SEROTA/GETTY IMAGES

NBA. James goes off for 32 points and 10 assists in Miami's 26th win in a row

The world's best came out to see if Miami could do it again. Novak Djokovic, the top-ranked men's tennis player. Wladimir Klitschko, the world heavyweight boxing king. Rory McIlroy, who sits atop the golf rankings for at least one more night.

And they got quite a show.

The Heat won their 26th straight game on Sunday, with LeBron James going for 32 points, 10 assists and eight rebounds in a 109-77 victory over the Charlotte Bobcats.

"I think it's very humbling that you can have some of the greats from other sports come to see your team play, come to see you play," said James, who was 11-for-14 from the field in another surgical performance. "You try to leave an impression on them, as a team and as an individual, absolutely. So it was great to have them in the building, for sure."

Chris Bosh and Norris Cole had 15 points apiece for the Heat, who played without Dwyane Wade, held from the lineup because of right knee soreness that the team believes is minor. And after yet another slow start, Miami is now seven victories shy of matching the 1971-72 Los Angeles Lakers for the league record of 33 in a row.

The Heat will take on the Magic next in Orlando on Monday. THE ASSOCIATED PRESS

Quoted

"We've been having slow starts. But it's not how we start. It's how we finish."

Miami Heat forward LeBron James

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
The approaching full moon suggests you will have to deal with someone who annoys you. You may find it hard to turn the other cheek but on this occasion that's exactly what you should do. Don't start a war.

♉ Taurus
April 21 - May 21
Have you taken on too many tasks? It certainly look that way. The planets urge you to cut back on your commitments and chuck out all those old things you no longer need.

♊ Gemini
May 22 - June 21
You will be full of confidence this week, the kind of confidence that makes difficult tasks look easy. Nothing will be beyond you over the next few days that does NOT mean you should try to do everything.

♋ Cancer
June 22 - July 23
The atmosphere on the home front may be a bit touchy during the first half of the week. Full moons have a way of causing upsets but try not to make an issue of things that will soon be forgotten.

♌ Leo
July 24 - Aug. 23
Do you care what people think of you? No, of course not, and with a full moon looming you will care even less. You're a Leo. You're a law unto yourself. Rules are there to be broken – hearts too!

♍ Virgo
Aug. 24 - Sept. 23
An unexpected bill may cause you a bit of grief today or tomorrow but it is nothing to get worked up about. Chances are you will be in the money again before the end of the week, so be positive.

♎ Libra
Sept. 24 - Oct. 23
You may be fearful of something over which you have no control, and that's understandable, but don't let it get to you to such an extent that you find it impossible to take action.

♏ Scorpio
Oct. 24 - Nov. 22
You seem to be in one of your more suspicious moods, the kind where even your best friends come under scrutiny. Don't make accusations you cannot prove.

♐ Sagittarius
Nov. 23 - Dec. 21
You may prefer to let others take important decisions but the planets warn you need to step up and take a few of your own, not just for your own sake but also for the sake of friends who depend on you.

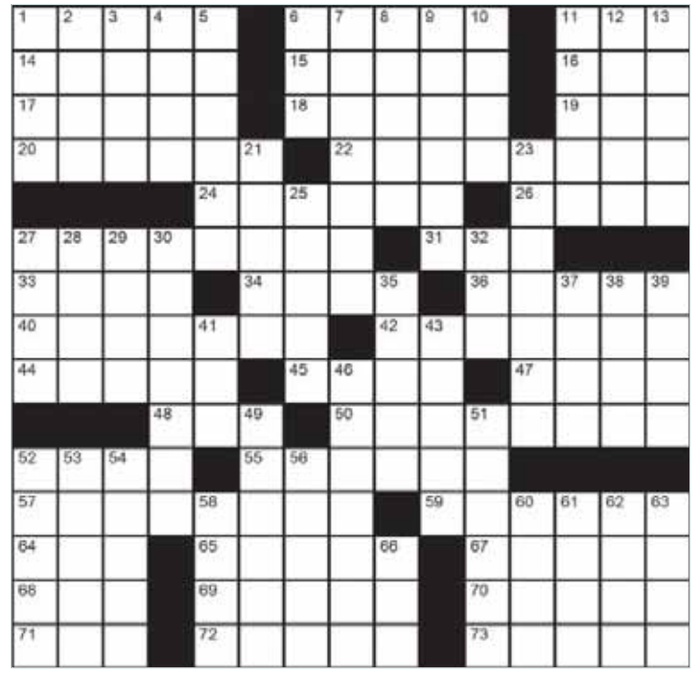
♑ Capricorn
Dec. 22 - Jan. 20
It may be annoying that others expect you to prove what to you is self-evident but that's just the way it is. Powerful people are watching you. It's in your interests to make sure they like what they see.

♒ Aquarius
Jan. 21 - Feb. 19
Do what comes naturally, even if what comes naturally to you is what annoys other people. You have never been one to play by the rules and you see no reason why you should start now. Be true to yourself.

♓ Pisces
Feb. 20 - March 20
Someone is being less than honest with you and who that someone is will be clear when the moon is full on Wednesday. The question then is: what are you going to do? Don't let them get away with it. **SALLY BROMPTON**

Crossword: Canada Across and Down

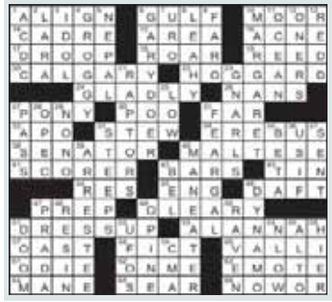
BY KELLY ANN BUCHANAN



Across
1. Flower
6. __-watching
11. Rihanna's "_._._. (Rescue Me)"
14. Grissol product, __ Toast
15. Sky high toys
16. Morn's follower
17. J'__; Nous avions; Vous aviez...
18. Tomato-hitting-the-ground sound
19. __ possidetis (As you possess, at law)
20. "Bridget __ Diary" (2001)
22. When the Hag-gadah is read
24. Assert
26. People: French
27. St. __ (Franco-phone community in Manitoba)
31. Pou __ (Vantage point)
33. __ even keel: 2 wds.
34. Scratcher's woe
36. Violin stroke
40. 9th Prime Minister, Arthur __
42. Large clothing cabinet
44. North and South
45. "Nonsense!"
47. Gumption
48. Late-shift times [abbr.]
50. Mystical creatures
52. Actor, Corbin __
55. "__ and Cleopatra" (1972)
57. "Working for the Weekend" band
59. Citrus fruit
64. Be beholden
65. Like acorned trees
67. Be of service
68. Mattel doll
69. Serviceable
70. Snow: French
71. 'Lion' suffix
72. '80s hit: "__ __ the Girls I've Loved Before"
73. Courtier in Shake-speare's Hamlet

Down
1. Music key, _ __.
2. Prefix meaning 'Left'
3. Mother in Pearl S. Buck's 1931 novel The Good Earth, _-__
4. Off-Broadway theatrical award
5. Mountain range's spine
6. Calendar components, curtly
7. Woodstock attendees
8. Sky's supporter
9. Mosts opposites
10. Ballpark figs.
11. Jeanne __ (Former Governor General)
12. Frequently
13. Teaspoon-in-cup moves
21. Drum kit part
23. Monster of BC's Lake Okanagan
25. Very little
27. Retro-style pop music syllable
28. Count Basie's "__ _'Clock Jump"
29. Hammer's target
30. 1992 k.d. lang album
32. Rum __ Tugger (Cats character)
35. __ idea (Doesn't realize): 2 wds.
37. Whirring sound
38. "So, are you out __ __ then?"
39. Soaks
41. Taxing letters
43. Zoo creature
46. Scream louder than!: 2 wds.
49. Actor, Antonio __ Jr.
51. "__ de Bergerac" (1990)
52. Guy, Brit-style
53. Chad and Rob
54. Makes equal
56. Finnish smart-phone company
58. Really beat, in sports
60. Some li'l roads
61. Hair removal brand
62. 1958 Leslie Caron title role
63. There's none in a power failure, for short
66. First word in Inferno by Dante

Friday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

					6	1	7	
4		3	1			2		
				8				
9							8	2
1	8		5		7		3	4
3	5							6
				3				
		7			1	6		5
	2	1	9					

Friday's Sudoku

7	9	6	3	1	8	2	5	4
2	5	3	7	9	4	8	1	6
1	4	8	6	5	2	9	7	3
9	3	2	5	6	1	7	4	8
6	8	7	2	4	9	1	3	5
5	1	4	8	3	7	6	9	2
8	6	5	9	7	3	4	2	1
4	2	9	1	8	5	3	6	7
3	7	1	4	2	6	5	8	9

Weather

TODAY	TUESDAY	WEDNESDAY
MAX: -3° MIN: -12°	MAX: -3° MIN: -9°	MAX: 0° MIN: -5°

BT BREAKFAST TELEVISION

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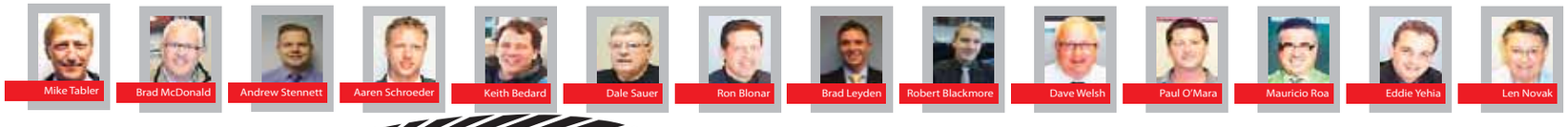

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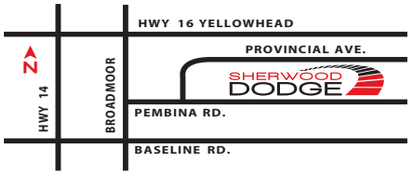

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Fri. 9am-6pm; Sat. 9am-6pm;
Sun. 11am-4pm

Disclaimer: All prices net of any dealer discounts and manufacturer rebates and do not include GST, tire recycling surcharge, or federal excise A/C tax. Subvented (discounted) interest rates not available on all models, see dealer for details." No charge Cummins engine and "No charge Hemi engine" oac' and based on longest available terms, i.e. New 2012 Ram 1500 $17990 at $115 b/w, 96 mos at 4.49% apr, $4648 cob. Truck prices include a $1500 loyalty/conquest rebate. Proof of truck ownership required, see dealer for details". Vehicles may not be exactly as illustrated, file photos used. Please contact dealer with questions or for further clarifications. Lease me example: 60 mos lease at 4.99% oac. Dodge Dart $113 b/w based on $16990 + $475 acquisition fee on lease, residual $5600 at lease end based on 22000 kms/year. Excess km charge of 18 cents/km.